



BECOME THE PRODUCTIVE PROFESSIONAL

SUCCESS BY DESIGN TRAINING

The Productive Professional

Become the Productive Professional is a cutting-edge, science-backed Training Program. Designed to meet your organisation, senior leader/s and their teams exactly where they are.

This comprehensive program equips them with everything they need to boost efficiency, increase productivity, and enhance job satisfaction — while safeguarding and protecting their well being.

A concept we call: PRODUCTIVE WELLBEING.

The Art of Maximising the time you have; without compromising your health.



Productivity: Maximising what you have

Wellbeing: Protecting the Asset

"It was a fantastic session that allowed us all to explore not only how we could really achieve our goals in a measured and sustainable way but also gave time for reflection on what is stopping us. Her style of delivery was warm and embraced everyone's differences. Abigail also spoke with integrity and honest personal experience that built instant rapport, integrity and respect. A great session that I will come back to time and time again."

Steph Taylor

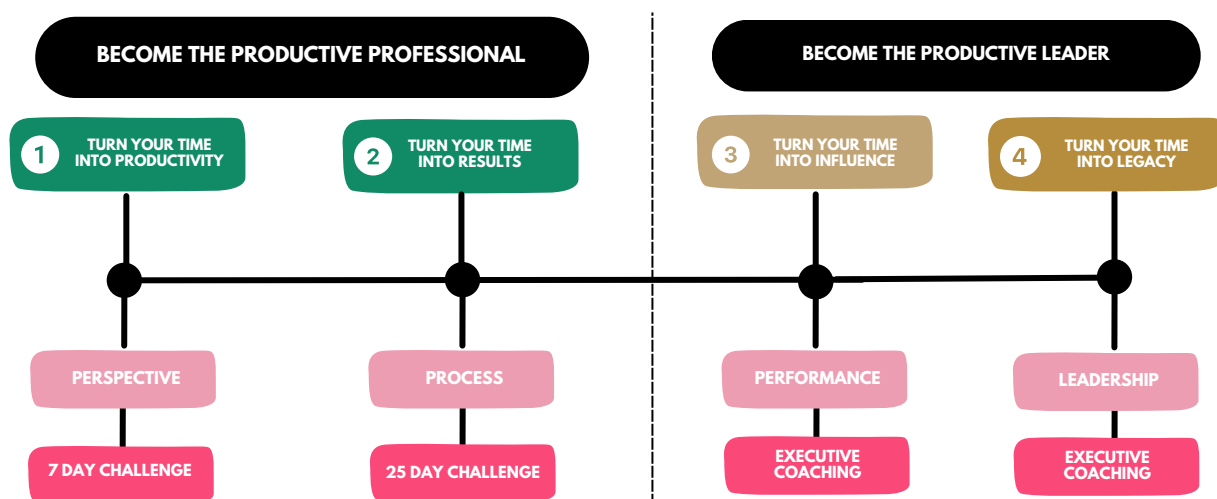
Program Overview

Introducing 'Become the Productive Professional'

This training program is bespoke tailored with you to meet the learning requirements of your organisation, senior leader/s and their teams.

Giving your organisation the competitive advantage necessary to attract, retain, and recruit the top-tier talent. Cultivating an environment where individuals feel empowered and inspired to not only fulfil their roles but also to continuously develop their skillsets, unlock and surpass their full potential.

The training provides them with practical tips, actionable tools, robust strategies and the perspective they need to maximise their time and resources.



LEVEL 1

Turn Time into Productivity
Perspective - Time & how it works (888x24)
Audit - Where's it all going
• 7 Day Time Audit Challenge

LEVEL 2

Turn Time into Results
Process - RESET Your Results (2x25 RESET)
• 25 Day RESET Challenge

LEVEL 3

Turn Time into Influence
Performance - Elevate your Time
• 6/12 Month Executive Leadership Coaching

LEVEL 4

Turn Time into Legacy
Role Model Leadership - Live your Legacy
• 6/12 Month Executive Leadership Coaching

"Abigail was really motivating! Her 888 approach and 25 day challenge really helped me to focus my efforts and set clear goals when starting my business! If you need to be more productive and focused on what's really important to you, then reach out to Abigail now!"

Nicola Anderson



Curriculum Overview

During these interactive sessions attendees will learn simple strategies they can apply to their work and day-to-day lives to improve their personal productivity and work/life balance.

The training curriculum includes The 888 Formula, The RESET Method, Time by Design and The 8 Minute Recharge Method to Protect the Asset.

It is a transformation journey with many career/business/life lessons to be learned and built on along the way through personal challenges and group accountability.

Together we will bespoke tailor the curriculum that best suits your learning requirements, timelines and budget.

Levels 1 & 2

Level 1: The secret to successful Time Management using the 888 Formula

Level 2: Become the Productive Professional: RESET Method

These sessions will cover a combination of the following concepts:

1. Your relationship with time & the beliefs keeping you stuck
2. The Secret to Successful Time Management using The 888 Formula
3. Protecting the Asset & The 8 Minute Recharge Method
4. The 7-day Time Tracking Challenge
5. Time by Your Design - Schedule yourself productive experiment
6. The RESET Method - The Power of 2x25 & how to use it

What's included

Delivery Format: Masterclass/Lunch & Learn Training

- 45 Minute Training Session plus 15 Mins Q&A
- Cover one topic & set up a challenge
- In person & Online options available (venue & refreshments not included)
- x 10 Copies Time Management for Entrepreneurs & Professionals Book & Workbook (£260 RRP)
- Option to purchase additional copies (at wholesale price)

Delivery Format: Team Workshops (1/2 Day-Full Day)

- Half/Full day facilitated Workshop (4/8 hours)
- Cover multiple topics & set up a challenge
- In person & Online options available (venue & refreshments not included)
- x 10 Copies Time Management for Entrepreneurs & Professionals Book & Workbook (£260 RRP)
- Option to purchase additional copies (at wholesale price)



Challenge Overview

The challenges are designed to enhance the learning outcomes and create tangible results through implementation, group accountability and follow up.

We will work with you to bespoke tailor the curriculum to your suit your learning requirements, timelines and budget.

7-Day Time Tracking Challenge

Delegates of the training will implement what they learned during the session over 7 days with a time tracking challenge (7-Day Time Audit).

Includes:

1. Challenge Workbook & Time Tracker pdf printable/online (hard copies can be purchased)
2. Post Challenge Progress Audit and Q&A Session (Zoom 45 Mins)

The 25 Day RESET Challenge

Delegates will implement what they learned during the session over 25 days with a group accountability challenge and Follow Up / Graduation Celebration Session.

Includes:

1. Challenge Workbook & Daily Tracker pdf Printable (hard copies can be purchased)
2. Online Accountability Group (Delivery Platform TBA)
3. Post Challenge Graduation Celebration and Q&A Session (Zoom 45 Mins)

Levels 3 & 4

Become the Productive Leader

Further information about this Program and level 3 & 4 training options are available upon request.

Information changes Perspective - Actions change Lives!
Abigail Barnes

"Abigail's Productive Wellbeing Workshop came at a perfect time for me and gave me the impetus, strategies and motivation I needed for a reset. Abigail delivered her workshop to our group with warmth and empathy. She is utterly believable; her personal story is a testament to what she teaches. A great day with excellent outcomes and wholeheartedly recommended."

Debbie Firth

Your Trainer



"I would highly recommend Abigail as a speaker and trainer."

Nicky Christmas

"Abigail is a 5 public speaker she truly, knows how to engage an audience."*

Lorna Balden

"As a speaker, Abigail is engaging, relevant and relatable."

Andrew Priestly

Abigail Barnes

Abigail Barnes is the founder & CEO of Success by Design Training, an award-winning entrepreneur, author, speaker, and corporate trainer on time management and productive wellbeing. She is a qualified coach working with organisations, senior leader/s and their teams. She is the creator of the renowned 888 Formula and host of the Time Management Podcast.

Success by Design Training Mission: Teach 1 million people how to Become the Productive Professional using The 888 Formula by 2025.

Abigail holds a BA Hons Degree in Business & Marketing Management, a Professional Postgraduate Diploma in Marketing, DipM ACIM, a certificate in Neuroscience Professional Development, approved by British Psychological Society and is a qualified coach, approved by the Association for Coaching and the Institute of Leadership & Management, Portsmouth University Business School.

She has over 10 years' experience in Financial Services Marketing (Investment Management, Asset Management and Hedge Funds), she started her Business after a shock near death experience on a work business trip to Boston Massachusetts, United States in 2012 at the age of 32 – she shares her experience as a catalyst for change and the inspiration for re-prioritisation.

Success by Design Training

For over 10 years we have worked with Industry leading Organisations, their teams and ambitious Entrepreneurs & Professionals from around the world that want to learn the strategies, tips, tools and tactics they need to MAXIMISE their time & resources, without compromising their wellbeing.

If you want a World Class Team : Give them World Class Training!

Some Praise



Abigail Barnes and her 888 formula gave me one of the biggest 'ah-ha' moments that I have had in recent years. As an event producer and owner of a speaker bureau, that doesn't happen very often, but Abigail's story connected and resonated, not just with me but with every audience we put her in front of.

I have worked with Abigail since 2020 on various events that we have run and we always get high scores for her in our feedback. I have also guested on a couple of her shows. Abigail is always an absolute pleasure to work with, is popular with our audiences and her messaging is quite literally life-changing. I wouldn't hesitate to recommend her.

Lucy Brazier OBE



I hired Abigail to be a masterclass host/speaker/trainer for a Passionate PA away-day in May 2022. I gave her the brief and said we did things differently. I needed a speaker who could adapt, embrace, nurture and excel in a not-so-average speaking gig... SHE DID NOT DISAPPOINT!

From the outset she worked hard to understand my brief, the style that would work for my team and the best way to inspire them. On the day she was engaging, supportive and very fun to work with.

Needless to say, feedback from my team has been wonderful - Abigail is the perfect speaker if your audience are anything but average and would relish the opportunity to see 'productivity' in a different way.

Kate Chastey



Abigail has just delivered a session on Productive Wellbeing & the 888 Formula, Creating a Resilient Workforce to our SSF UK members at our virtual annual conference. It has been a difficult year for us all and when we made the decision to go virtual we really didn't know what to expect. From the moment I first spoke to Abigail I knew she was perfect for our flagship event, I explained the theme of our conference and the brief and I knew she got it straight away.

Her session was so relevant and just what our members needed at a time when work life balance is not as it should be. Abigail really engaged with our audience and gave a truly insightful and interactive session that provided so many takeaways for members to implement into their own organisations.

Lynsey Oakes



Real, authentic, compassionate, and effective. Abigail is a triple threat. Her stories will have you captivated, her lessons will be like an ear-worm guaranteeing that your team will learn and implement. You won't regret having Abigail speak to your team or event.

Rhonda Scharf

Contact Us

enquiries@successbydesigntraining.com
+44 (0)7968 817 651

WWW.SUCCESSBYDESIGNTRAINING.COM